






# Best and worst cities for work-life balance 2022






Juggling our jobs and private lives, we've grown to appreciate the value of having a healthy balance between the two. The current climate reinforced the responsibility of companies — and governments — to establish a positive balance between work and life commitments and support their people's well-being.

Kisi studied 51 US cities and 49 major global cities across more than 130 data points, divided into three categories: Work Intensity, Society and Institutions, and City Liveability.

## BEST CITIES TO WORK IN

- 1 Oslo
- 2 Bern
- 3 Helsinki
- 4 Zurich
- 5 Copenhagen

## MOST OVERWORKED CITIES

- 1 Dubai
- 2 Hong Kong
- 3 Kuala Lumpur
- 4 Singapore
- 5 Montevideo

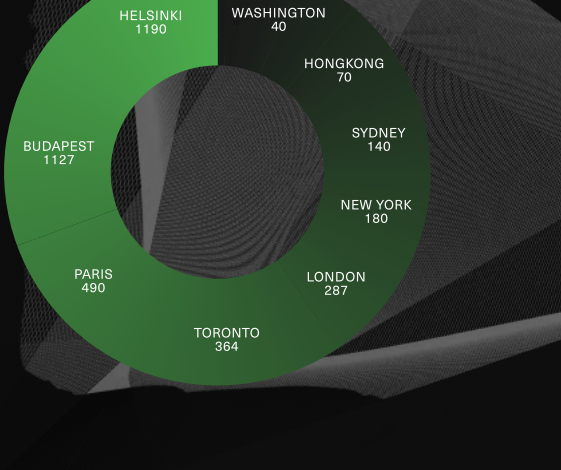
## Vacation










Sometimes all we need is a long, relaxing holiday to recharge. While the Helsinki workers take a whole month of paid vacation, the Los Angeles employees get by with only one week.



## Paid parental leave

More than 3 years of paid parental leave? Helsinki is closely followed by Budapest when it comes to paid parental leave days. What a benefit, especially compared to most US cities at the bottom of the list.

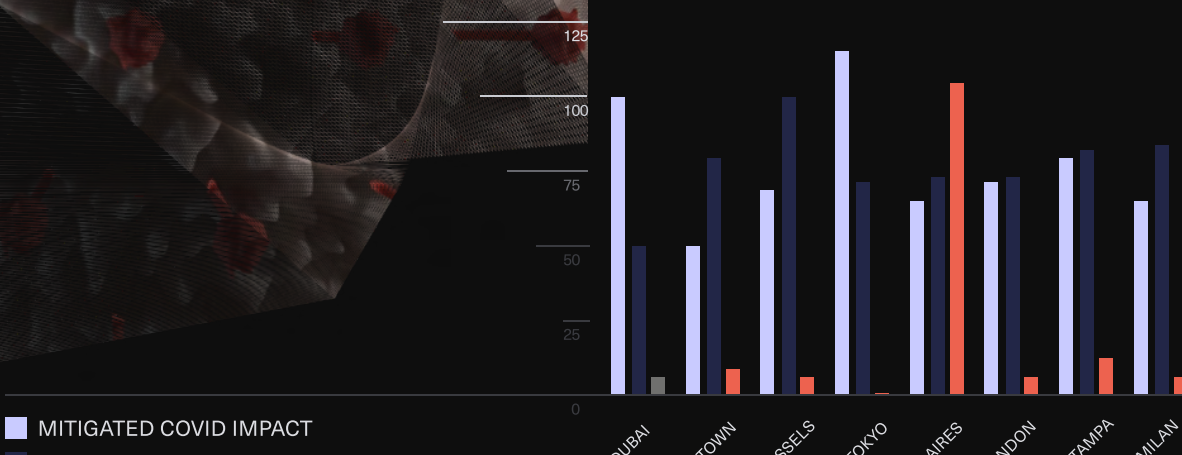


- 1190 Helsinki
- 1127 Budapest
- 490 Paris
- 364 Toronto
- 287 London
- 180 New York
- 140 Sydney
- 70 Hong Kong
- 40 Washington

## Covid-19 impact, support & inflation

The pandemic impacted all life and work areas. Dubai, Tokyo, and Salt Lake City are the top three cities that managed best to mitigate the Covid-19 impact.

The government provided the most support to the affected workers in Brussels, Helsinki, and Stockholm. The high inflation also brought its fair share of adversities. With inflation over 100%, Buenos Aires is the most affected city.



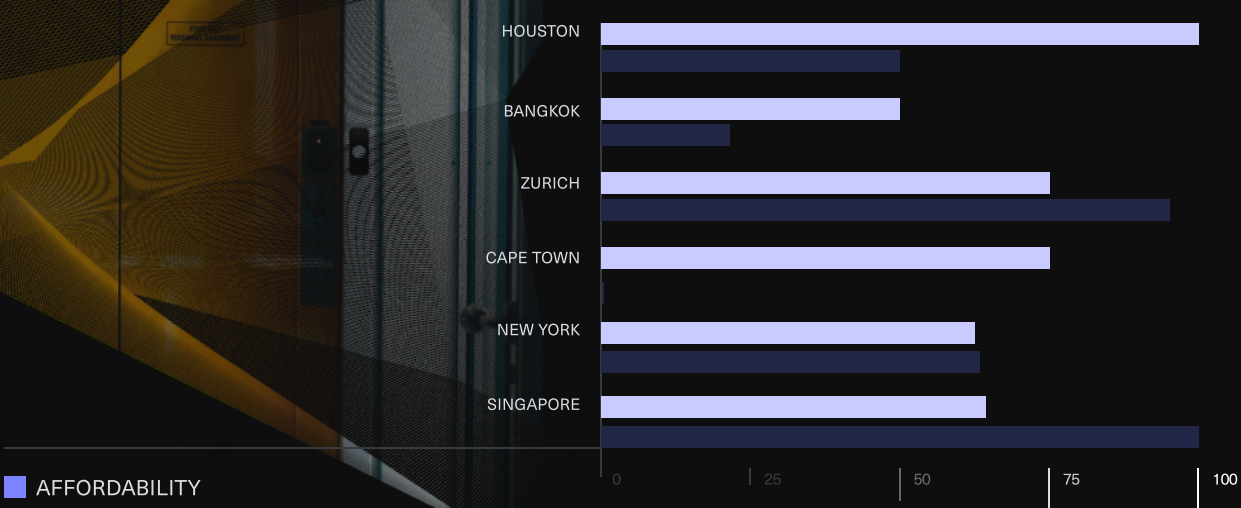
## Remote Work



## Affordability & Safety

As inflation takes hold, the affordability of each city is becoming a key issue around the world. If you're looking for an affordable place Texas is the way to go – the top three cities on the list are all part of The Lone Star State.

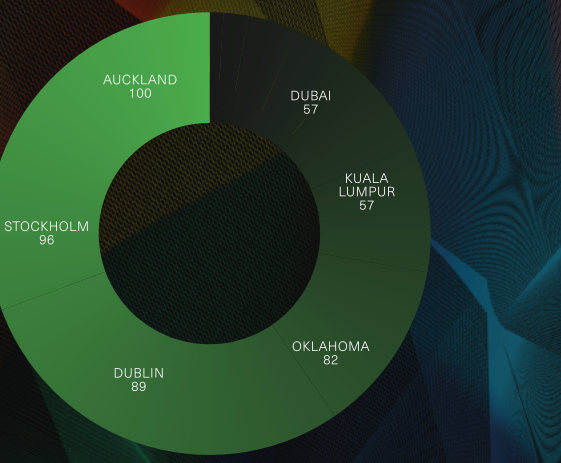
Still, safety and security are paramount to us — Singapore, Dubai, and Copenhagen are your safest bets.









## Inclusivity & Tolerance

Unfortunately, accepting and welcoming people from different walks of life isn't the norm.

Auckland, Stockholm, and Washington are the inclusivity and tolerance champions.



- 100 Auckland
- 97 Stockholm
- 89 Dublin
- 82 Oklahoma
- 57 Kuala Lumpur
- 57 Dubai

Want to see if your city made the list and how it ranks across all categories?

Take a look at Kisi's original research at the following link [Work-life balance-2022](https://www.getkisi.com/work-life-balance-2022)